

DINNERLY



Balanced Plant-Based Kofta with Freekeh, Roast Tomato and Dill Yoghurt



35 minutes



2 Servings

Kofta are Middle Eastern meatballs usually made with ground lamb or beef, but our veggie version subs in plant-based meat. Roll them, bake them and tumble them onto a healthy mix of freekeh and roasted onion and tomato.

WHAT WE SEND

- 125g freekeh ¹
- 2 tomatoes
- 1 red onion
- dill
- 250g plant-based mince ⁶
- 10g kofta seasoning ¹⁷
- 100g Greek-style yoghurt ⁷

WHAT YOU NEED

- 1 small garlic clove
- 2 tbs olive oil
- 1 tbs white wine vinegar ¹⁷
- 2 tsp honey

TOOLS

- medium saucepan
- 2 oven trays
- baking paper

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Milk (7), Sulphites (17).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 755kcal, Fat 38.5g, Carbs 66.2g,
Proteins 35.0g



1. Cook freekeh

Fill a medium saucepan three-quarters full with water and bring to the boil. Cook the **freekeh**, partially covered, for 18-20 mins until tender. Drain.



2. Prep ingredients

Meanwhile, preheat the oven to 220C. Line 2 oven trays with baking paper. Cut the **tomatoes** into wedges. Halve the **onion** and thickly slice. Reserve a few fronds, then finely chop the **dill**, discarding the stems. Crush 1 **small garlic clove** (see Make it yours).



3. Bake koftas

Put the **plant-based mince** and **kofta seasoning** in a bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into 6 oval-shaped kofta. Put the **kofta** on a lined tray and brush with **2 tsp olive oil**. Bake on the upper oven shelf, turning the kofta over halfway, for 15 mins or until browned and cooked through.



4. Bake tomato and onion

Meanwhile, put the **tomato** and **onion** on the remaining lined tray. Drizzle with **2 tsp olive oil** and season with **salt and pepper**. Roast on the lower shelf for 15 mins or until tender. Put **1 tbs olive oil**, **3 tsp white wine vinegar** and **2 tsp honey** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **freekeh** and toss to coat.



5. Serve up

Put the **yoghurt**, **dill**, **garlic** and **1 tsp white wine vinegar** in a bowl, season with **salt and pepper** and stir to combine. Add the **freekeh** to the **roasted veggies** and toss to combine. Top with the **kofta**, scatter over the **reserved dill fronds**, then drizzle with the **dill yoghurt**. Pop the tray on the table for everyone to help themselves. Enjoy!



6. Make it yours

Garlic used raw needs to be crushed in a garlic crusher or finely minced with a knife – adding a little salt to the garlic on the chopping board helps break it down. If you aren't a garlic lover, only add half the garlic to the yoghurt, or leave it out.